

Honing My Craft of Silence

I am really excited tonight about creating a new post for this blog. I have so many thoughts and feelings, so many questions and even some answers. It is a glorious thing, thought, because it can fuel creation. But in order for that to work you have to clear the mind so thought can become a tool. When I think about meditation the first thing that comes to mind is honing my craft. When I say that, people think that I am sharpening my meditation skills or training my mind.

My craft is using the silence that is created through my meditation. I meditate to create the silence. I use meditation as a tool to open a true connection to the universe. I listen to the energy of the universe and allow it to flow through me. Meditation is my warm up to have a conversation with my higher power, the universe, some might say god.

The energy that I speak of does not come and speak to me with words, words are so limiting. The energy speaks by flowing through me, leaving me with a knowingness that I really can not describe. It heightens my awareness of the true power of the universe. In the flow of this energy the silence is deafening. I feel it washing away the fear of being human. It brings understanding that there is a beauty that lies in every problem and every triumph.

Through this silence I can see the higher meaning in my everyday life. I understand I choose to make my life hard or easy by the way I use thought as a tool. I understand that with every breath I take I can quiet my mind and reconnect to that flow of energy, my higher power, honing my connection to the universe.